



HEADQUARTERS NEW JERSEY ARMY AND AIR NATIONAL GUARD
NEW JERSEY DEPARTMENT OF MILITARY AND VETERANS AFFAIRS
3650 SAYLORS POND ROAD
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AGR PROCEDURES FOR ADMINISTERING THE ARMY WEIGHT CONTROL PROGRAM

1. References:

- a. AR 135-18, The Active Guard Reserve (AGR) Program
- b. AR 600-8-2, Suspension of Favorable Actions (Flags)
- c. AR 600-9, The Army Weight Control Program
- d. NGR (AR) 600-5, The Active/Guard Reserve (AGR) Program
- e. NGR (AR) 600-200, Enlisted Personnel Management

2. This policy applies to AGR soldiers who fail to meet the Army weight standard. The procedures prescribed within this policy will be adhered to when administering AGR soldiers who enter the Army Weight Control Program. AR 600-9, Paragraph 16 states that *each soldier (Commissioned Officer, Warrant Officer and Enlisted) is responsible for meeting the standards prescribed in this (AR 600-9) regulation. To assist soldiers in meeting these responsibilities, screening tables will continue to be prescribed for use as is currently being done...If a soldier consistently exceeds the personal weight goal, he or she should seek the assistance of master fitness trainers for advice in proper exercise and fitness; and health care personnel for a proper dietary program...At a minimum, personnel will be weighed when they take the Army Physical fitness Test (APFT) or at least every six months...Therefore, all AGR soldiers are required to be weighed in at the AGR APFT twice per year on the day The Adjutant General schedules this event. All AGR soldiers will be weighed on this day and this day only. The Chief of Staff, NJARNG is the only person who can excuse a soldier from a record weigh-in.*

3. *Personnel who are overweight...(1) will be considered nonpromoteable; (2) will not be authorized to attend professional military or civilian schooling... (3) will not be assigned to command positions...(AR 600-9, para 20d). Active and Reserve component soldiers exceeding the body fat standards (in AR 600-9, interim change 1) will be provided weight reduction counseling by health care personnel, entered in a Weight Control Program by unit commanders, and flagged under the provisions of AR 600-8-2 by the unit commander. AGR soldiers entered onto the Army Weight Control Program (AWCP) will be ordered to nutritional counseling at their Military Medical Treatment Facility (MTF), counseled and entered into the AWCP by the FTSS or unit commander, and flagged IAW AR 600-8-2. A copy of the initial counseling and the DA form 268 will be forwarded to this headquarters, ATTN: J-1/AGR Manager not later than 30 days from the date of the weigh-in. Soldiers will be weighed in monthly according to the provisions of AGR 600-9, paragraph 21 by their unit.*

4. *A medical evaluation will be accomplished by health care personnel when the soldier has a medical limitation, or is pregnant, or when requested by the unit commander. One is also required for soldiers being considered for separation due to failure to make satisfactory progress in weight control program or within 6 months of ETS (AR 600-9, para 21d)...The required weight loss goal of 3-8 pounds per month is considered a safely attainable goal to enable soldiers to lose excess body fat and meet the body fat standards as prescribed in (change 1, AR 600-9)... Weigh-ins will be made by unit personnel monthly to measure progress (AR 600-9, para 21e(1))...As an exception to g below, an individual who has not made significant progress after any two consecutive months may be referred by the commander or supervisor to health care personnel for evaluation or reevaluation. If health care personnel are unable to determine a medical reason for lack of weight loss—and if the individual is not in compliance with the body fat standards at (change 1, AR 600-9) and still exceeds the screening table weight (table 1) the commander or supervisor will inform the individual that—(a) Progress is unsatisfactory; (b) He or she is subject to separation as specified in j below...j. The commander or supervisor will inform the individual in writing that initiation of separation proceedings is being considered under the following regulation(s) (NGR (AR) 600-5, para 6-5c(6))... NGR (AR) 600-5, para 6-5c states reasons for involuntary separation from the AGR program. This includes Failure to attain and maintain ...weight standards (6-5c(6))... Therefore, AGR soldiers who fail to meet the weight standard IAW the provisions above will be immediately ordered to undergo medical evaluation at their MTF. Soldiers who fail to meet the AWCP standard and do not have an underlying medical condition will be barred from reenlistment IAW NGR (AR) 600-200, chapter 7, section V. **FTSS will forward to this headquarters, through command channels, the initiation of the bar to reenlistment NLT 30 days from the day of the weigh-in where the soldier failed the program.** FTSS will forward documentation from the soldier's MTF recommending continuation on the to this headquarters in lieu of the bar when the MTF finds an underlying medical reason for lack*

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of weight loss. Any officer who fails to meet the weight control standard and fails the AWCP will be processed for Release From Active Duty (REFRAD) IAW NGR 600-5, para 6-5c(6). This paperwork will be forwarded, through command channels, to The Adjutant General, ATTN: AC of S, J-1 not later than 30 days after the date of the AWCP failure.

5. *Following removal from a weight control program, if it is determined that an individual exceeds the screening table weight and the body fat standard prescribed in (change 1, AR 600-9) within 36 months, the following will apply...* (1) *If the unit commander determines that the individual exceeds the screening table weight and the body fat standard—(a) Within 12 months from the date of the previous removal from the program and no underlying or associated disease process is found as the cause of the condition, the individual will be subject to separation from the Service under j above...* (b) *After the 12th month, but within 36 months for the date of the previous removal from the program, and no underlying or associated disease process is found as the cause of the condition, the individual will be allowed 90 days to meet the standards. Personnel who meet the body fat standard after that period will be removed from the program. All others will be subject to separation from the Service under j above (AR 600-9, para 21k).* NJARNG AGR personnel who fall into this category will immediately be evaluated by medical personnel to ensure that there is no underlying medical condition that precludes weight loss. If there is no such underlying medical condition, the soldier will have failed the program and will be barred from reenlistment IAW paragraph 4 of this Army Bulletin.

6. Under no circumstances will an AGR soldier be allowed to remain on the AWCP for more than 12 months without undergoing a medical evaluation. Soldiers who are on the AWCP for 12 months and do not meet the body fat standards in AR 600-9, and do not have an underlying medical condition that precludes appropriate weight loss will be barred from reenlistment IAW NGR (AR) 600-200. The initiation of the bar to reenlistment will be forwarded to this headquarters, ATTN: J-1/AGR Manager NLT30 days after the date of the one year anniversary. Soldiers who have a medical condition that requires them to be on the AWCP more than one year will be ordered to undergo a Fitness for Duty evaluation IAW AR 635-40, para 4-8. The results of this evaluation will be forwarded to this headquarters, ATTN: J-1/AGR Manager, within 60 days of the date of the one year anniversary.

7. Full time support supervisors and/or commanders will consult the TAG's Legal Advisor in all cases of soldiers who fail to meet the Army weight standard prior to initiating a bar to reenlistment, release from active duty, or separation from the service.

8. Point of contact is LTC Nicholas Chimienti at commercial (609) 562-0882.

OFFICIAL:

GLENN K. RIETH
Brigadier General, NJARNG
The Adjutant General



FRANK. R. CARLINI
COL, GS, NJARNG
Chief of Staff

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